

Speaker Biographies

Professor Helen L Ball (UK) PhD, MA, BSc

Helen Ball obtained her PhD in Biological Anthropology at the University of Massachusetts, Amherst in 1992. Her undergraduate degree was in Human Biology, and her interests span both biology and anthropology. Helen spent several years in the Caribbean where she conducted her PhD fieldwork. Following her appointment as a Lecturer in Anthropology at Durham in 1993 Helen began a programme of research on night-time infant care, established the Parent-Infant Sleep Lab in 2000, and was promoted to Professor of Anthropology in 2007. Broadly defined, her research examines sleep ecology, particularly of infants, young children and their parents. This encompasses attitudes and practices regarding infant sleep, behavioural and physiological monitoring of infants and their parents during sleep, infant sleep development, and the discordance between cultural sleep preferences and biological sleep needs. She has conducted research in hospitals and the community, and contributes to national and international policy and practice guidelines on infant care. See www.dur.ac.uk/sleep.lab/. She pioneers the translation of academic research on infant sleep into evidence for use by parents and healthcare staff via ISIS -- the Infant Sleep Information Source website (www.isisonline.org.uk).

Dr Christina Smillie MD, FAAP, IBCLC, FABM

Dr. Smillie is an American pediatrician who founded in 1996 the first private medical practice in the USA devoted to the specialty of breastfeeding medicine. Board certified by both the American Board of Pediatrics in 1983 and by the International Board of Lactation Consultant Examiners in 1995, she values her continuing education from colleagues, research, and breastfeeding babies and their mothers. She's been a member of the Academy of Breastfeeding Medicine since 1996, and an ABM Fellow since 2002. She serves as an advisor to the American Academy of Pediatrics Section on Breastfeeding and on La Leche League International's Health Advisory Council. Dr. Smillie speaks nationally and internationally about the clinical management of a wide variety of breastfeeding issues, always stressing the role of the mother/baby as a single psychoneurobiological system, and emphasizing the innate instincts underlying both maternal and infant competence.

Associate Professor Pamela Douglas MBBS, FRACGP, IBCLC, PhD — www.pameladouglas.com.au

Pam has been a practicing as a GP since 1987, and is a Fellow of the Royal Australian College of General Practitioners. She is Medical Director of the Possums Clinic, Brisbane www.possumsonline.com; Associate Professor (Adjunct) at the Centre for Health Practice Innovation, Griffith University; and Senior Lecturer, Discipline of General Practice, The University of Queensland. Pam has specialised clinical interests in early life, mental health, and women's health. She is qualified as an International Board Certified Lactation Consultant (1994-2004; 2012 ongoing) and is an infant feeding and breastfeeding medicine specialist. She is trained in the delivery of Acceptance and Commitment Therapy (ACT). Her research focuses on clinical support and optimisation of parent-baby neurohormonal synchrony regardless of feeding method, and integrates the latest medical science, neuroscience, lactation science, evolutionary medicine, attachment psychology, and contextual behavioural science. She is also author of a popular new book for parents, *The discontented little baby book: all you need to know about feeds, sleep and crying*, which health professionals find useful too because of its detailed exploration of real-life cases.

Dr Koa Whittingham PhD, BA, BSc (Hons), MAPS — www.koawhittingham.com

Koa is a clinical and developmental psychologist and an NHMRC research fellow at The University of Queensland. She has a substantial track record spanning three key research interests: parenting, neurodevelopmental disability and Acceptance and Commitment Therapy (ACT). She is particularly passionate about the application of ACT to parenting. Dr Whittingham is author of *Becoming Mum*, a self-help book for the psychological transition to motherhood grounded in ACT. She is a co-founder of Possums Education, and is responsible for the integration of ACT into the Possums approach.

Dr Howard Chilton

Dr Howard Chilton has been a neonatologist for over 35 years, following training in London, Oxford and the United States. For much of this time he was Director of Newborn Care at the Royal Hospital for Women in Sydney, while also gaining invaluable experience not only as a neonatologist but as a working father to his two daughters, Georgina and Isabella. Dr Chilton continues to work clinically at the Royal Hospital and Prince of Wales Private Hospital and is one of Australia's leading baby doctors. His previous book, *Baby on Board*, now in its third edition, is revered by parents for its rigorous evidence-based information couched in a reassuring, easy-to-read style.

Dr Sarah Buckley MB, ChB, Dip Obst, Dip Family Planning

Sarah J Buckley is a New-Zealand-trained GP/family physician with qualifications in GP-obstetrics and family planning. She is also a PhD candidate at the University of Queensland. Dr Buckley's work critiques current practices in pregnancy, birth, and parenting from the widest possible perspectives, including scientific, anthropological, cross-cultural, psychological, and personal. She encourages us to be fully informed in our decision-making; to listen to our hearts and our intuition; and to claim our rightful role as the real experts in our bodies and our children. Dr Buckley has an ongoing interest in the hormones of labour and birth, and this has culminated in her groundbreaking report *Hormonal Physiology of Childbearing* (2015 Childbirth Connection, a program of the National Partnership for Women and Families). This report, available for free online, has been described as "...one of the most revolutionary and influential publications on maternity and newborn care ever issued."

Professor Jeanine Young FACN, PhD, BSc (Hons), Nursing, RM, RN, Neonatal Nurse

Professor Jeanine Young commenced in the School of Nursing and Midwifery in August 2013. Jeanine is a Registered Nurse, Registered Midwife and qualified neonatal nurse. She completed her PhD in infant care practices and their relationship with risk factors for Sudden Infant Death Syndrome (SIDS) in 1999 through the University of Bristol's Faculty of Medicine. Jeanine has established a research program to investigate Queensland's relatively high infant mortality rate, with a particular focus on developing evidence-based strategies and educational resources to assist health professionals in delivering Safe Sleeping messages to parents with young infants and to address Close the Gap targets to reduce Aboriginal and Torres Strait Islander infant mortality. Jeanine authored the Queensland Health Safe Infant Sleeping guidelines, Safe Infant Sleep and Indigenous Safe Infant Sleep eLearning programs; and developed bed-sharing information/position statements for SIDS and Kids, Australian College of Midwives, and Australian Breastfeeding Association. She chaired the SIDS and Kids National Scientific Advisory Committee 2008-2015 (current member) and authored the consensus paper underpinning the 2012 Safe Sleep, My Baby public health campaign which reintroduced breastfeeding back into the Safe Sleep recommendations. Jeanine is also a member of the Australian College of Midwives Scientific Review and Advisory Committee.

Dr Vishal Kapoor MBBS, MD, DNB, FRACP

Dr Vishal Kapoor is a general paediatrician with a keen interest in neonatology. He has over 17 years of paediatrics experience, and extensive neonatal experience in regional and tertiary care centres. He completed his two-year neonatal fellowship at John Hunter Hospital in Newcastle, which is one of the largest public neonatal units in New South Wales. He served as the Director of Paediatrics at Redland Hospital for five years, and as the Clinical Sub-Stream Lead for paediatrics in the Women's and Children's Stream for two years at Metro-South Health. He was also a member of the Queensland Statewide Maternity and Neonatal Network Steering Committee. At Redland Hospital he led the establishment of the CPAP (continuous positive airway pressure) for newborns in the special care nursery, helping to provide better neonatal services to the local community. He is currently Director of Paediatrics at Lady Gilento Children's Hospital. Ms Anya Snyder RN MSN PMHNP-BC Anya is an endorsed Psychiatric Mental Health Nurse Practitioner specializing in perinatal mental health. Formerly in private practice in the U.S., she focused on treating birth trauma, perinatal loss and postnatal mood and anxiety disorders. She is Possums certified, and especially compelled by Acceptance and Commitment Therapy's capacity for healing and empowering new parents facing mental health challenges.

Ms Renee Keogh RN, Grad Cert in Neonatal Intensive Care Nursing, IBCLC

Renee is a Registered Nurse and Lactation Consultant with fifteen years experience working in Neonatal Intensive Care units in Sydney, Canberra and Darwin. She completed a Graduate certificate in neonatal intensive care nursing in 2004, and qualified as an International Board Certified Lactation Consultant in 2010. Renee offers holistic care not just for breastfeeding problems, but also for problems of unsettled infant behavior, feeds and sleep throughout the first year of life.

Ms Anya Snyder RN, MSN, PMHNP-BC

Anya is an endorsed Psychiatric Mental Health Nurse Practitioner specializing in perinatal mental health. Formerly in private practice in the U.S., she focused on treating birth trauma, perinatal loss and postnatal mood and anxiety disorders. She is Possums certified, and especially compelled by Acceptance and Commitment Therapy's capacity for healing and empowering new parents facing mental health challenges.

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Full Conference – 3 days

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Day 1 Day 2 Day 3

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Day 1 Day 2 Day 3

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New clinical tools for early life care -

Mood, breastfeeds, sleep and crying



Possums Education The Possums Conference 2017



Dates:
2nd-4th February, 2017

Venue:
Brisbane Convention Centre



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Possums Education 2017 –

New clinical tools for early life care - Mood, breastfeeds, sleep and crying

Possums Education is an arm of the non-profit organisation and registered charity, Possums for Mothers and Babies Ltd. Possums Education offers a new cross disciplinary and integrated approach to the complex problems of feeds, sleep, unsettled infant behaviour, and parent mental health in early life, opening up the latest research and challenging accepted orthodoxy across a range of topics. Our evidence-base is peer reviewed and published in national and international medical journals, and is changing practice both here and overseas.

We invite you to join Associate Professor Pamela Douglas (Adjunct), Professor Helen Ball, Dr Christina Smillie, Dr Howard Chilton, and other experienced clinicians and researchers for this 3 day conference. You'll have opportunity to reflect upon your practice, build upon your existing skills, and update in the evidence. Be prepared for lively discussion and debate as we share our programs with you.

For more information about us, visit:
www.possumsonline.com



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Day 1: Program

Thursday 2 February 2017

- 7.45am Registrations open – Tea and coffee served
- 8.30am Welcome and open
- 8.45am Cry-fuss problems: Evidence update
– **Dr Pamela Douglas and Dr Howard Chilton**
- 10.15am Morning tea
- 10.45am The hormones of love-bombing; Neurohormonal synchrony from an evolutionary perspective
– **Dr Sarah Buckley**
- 11.30 am Sleep ecology and infant development
– **Prof Helen Ball**
- 12.30pm Lunch
- 1.15pm How mothers and babies think, and why this matters – **Dr Christina Smillie**
- 2.45pm Tied to tongue tie – **Dr Vishal Kapoor**
- 3.15pm Afternoon tea
- 3.30pm What works to improve a mother's mood and baby behaviour? A review of high level evidence – **Dr Pamela Douglas and Dr Koa Whittingham**
- 4.00pm Breast to bowl: Developing good taste
– **Dr Howard Chilton**
- 4.45pm Close

Day 2: Program

Friday 3 February 2017

- 8.00am Registrations open – Tea and coffee served
- 8.30am Conference open
- 8.45am Sleep and mood – **Prof Helen Ball**
- 9.45am Safe sleep update – **Prof Jeanine Young**
- 10.30am Morning tea
- 11.00am A new paradigm in the management of parent-baby sleep problems: The Possums sleep intervention – **Dr Pamela Douglas and Dr Koa Whittingham**
- 12.15pm Lunch
- 1.00pm Allergy/reflux update – **Dr Pamela Douglas**
- 1.30pm The intuitive fix: Don't overthink breastfeeding solutions – **Dr Christina Smillie**
- 2.30pm Restricted oral tissues in the breastfed baby –
Pam and Tina in conversation
- 3.00pm Afternoon tea
- 3.30pm Gestalt breastfeeding: A new approach to fit and hold – **Dr Pamela Douglas, Renee Keogh and Dr Koa Whittingham**
- 4.45pm Close

Day 3: Program

Saturday 4 February 2017

- 'Simple Acceptance and Commitment Therapy tools to support perinatal and infant mental health in clinical consultations for feeds, sleep and crying' Presented by **Dr Pamela Douglas, Anya Snyder, Dr Koa Whittingham**
- 8.15am Registrations open - Tea and coffee served
- 9:00am Applying ACT perinatally - Overview. The challenge of maternity
- 10.30am Morning tea
- 10:50am Values clarification, mindfulness, self-compassion in the perinatal period. Simple strategies to support values clarification, mindfulness
- 12.20pm Lunch
- 1:05pm Making room for difficult thoughts and feelings in the perinatal period
- 2.35pm Afternoon tea
- 3:05pm Behavioural activation in the perinatal period
- 4.00pm Close